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The Spectator

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Publishing the Truth, From Good Motives and For Justifiable Ends

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Hamilton faculty and students present at National Women's Conference

by Natalie Halpin '21
Staff Writer

When Hamilton students Kyandreia Jones '19 and Phinix Knight-Jacks '19 enrolled in the course "Indians, Aliens, and Others" their sophomore year, they were unaware that the connection they would form with Assistant Professor of Literature Pavitra Sundar would lead her to invite them to participate in the prestigious National Women's Studies Association conference in Atlanta (Nov. 8–11) nearly two years later.

The National Women's Studies Association, established in 1977, seeks "to illuminate the ways in which women's studies are vital to education," with its main objectives being to promote and support the "production and dissemination of knowledge about women and gender through teaching, learning, research and service in academic and other settings," according to the organization's website.

The theme of this year's conference, titled "JUST IMAGINE. IMAGINING JUSTICE: Feminist visions of freedom, dream making and the radical politics of futures," encouraged scholars in attendance to discuss significant works that called for the creation of "projects, paradigms and movements based on what we are for" rather than just building projects simply based on "what we are against."

Jones and Knight-Jacks joined Sundar, Assistant Professor of Anthropology Mariam Durrani, and Lecturer for the Levitt Center Margo Okazawa-Rey on their panel titled "Undergraduate 'Community Engagement' Learning and Teaching: Transnational Feminist Methodologies," in which they discussed the importance of experiential learning and found links between coursework and the broader world.

On the panel, Jones and Knight-Jacks shared the experience of conducting their "Hamilton Assignments," the final project of Sundar's curriculum in which each student chooses a structure or space on Hamilton's campus which challenges the theories of the course.

For Jones' "Hamilton Assignment," she decided to focus on the sun porch of Commons Dining Hall, an area that she said has been jokingly referred to as "minority row" among some members of the College's Posse Scholars Program. Jones, a Posse Scholar herself, explained that this term was coined because "so many people of color sit there because they don't feel comfortable going into the main room [of Commons.]" She also observed that the College's food service workers seem to generally sit in the sun porch area rather than dining inside the main room.

The members of the all-Hamilton panel at the conference expressed the ways that the "Indians, Aliens, and Others" course allowed them to talk about theory and also see it in practice, an aspect of her academic experience that Jones said she felt she lacked previously. She had always spoken about racism, classism, and sexism in theory within her classes, but never had a space to discuss occurrences on a face-to-face basis, such as an example she used of someone skipping her in the Commons bagel line.

Speaking on this experience, Jones said, "That's a very small example, but it's always interesting to me because I'm always in a position where I have to think about what everything means because if I don't think about that, I'm the one who looks like they're crazy or foolish or just invisible."

*See **Hamilton**, page 1*

Off-campus round-up: Ivanka Trump, Hania Aguilar, and a dancing queen

by Amanda Kim '21
News Editor

In an effort to connect with current events off the Hill — locally, domestically, and abroad — The Spectator *will periodically publish a news recap that seeks to inform the Hamilton community on the basics of contemporary issues.*

Ivanka Trump defends emails

Ivanka Trump, who serves in the Trump administration as an official Advisor to the President, recently came under fire after *The Washington Post* reported earlier this month that Ivanka had sent "hundreds of emails" concerning government business from a personal email account last year to White House aides, Cabinet members, and her assistant. *The Post* added that many of these emails were sent in violation of public records rules. Ivanka defended her actions on Nov. 28 after an *ABC News* reporter asked if the chant "Lock her up!," which her father's supporters often used in response to Hillary Clinton's inappropriate email accusations, applied to her. "All of my emails are stored and preserved. There were no deletions," Ivanka said.

Kidnapped girl's body identified

The body of 13-year-old Hania Aguilar, who was kidnapped on Nov. 5, was found outside of her home in North Carolina on Nov. 27, investigators reported on Wednesday. This news ends the three-week search for Aguilar, which had involved hundreds of investigators. Lumberton Police Chief Michael McNeill revealed at a news conference that state crime lab tests point to the body being Aguilar's. Dental records have not been referenced yet, but investigators believe the body is hers. Aguilar's cause of death has not been released, pending an autopsy, and investigators would reveal neither the condition of her body nor whether she was killed elsewhere and then brought to the location at which the body was found. Police say that a man dressed in black with a yellow bandana forced Hania into a green Ford Expedition when she was walking to the bus stop for school and drove away; the SUV was found several miles south of the mobile home park in which she lived. Her kidnapper has not yet been identified. "This is the outcome that we all feared," McNeill said. "We did not want to hear this. We wanted to bring Hania back home and bring her back home alive to our community. It hurts."

PHOTO COURTESY OF XINHUA NEWS AGENCY

Seventeen-year-old Bandana Nepal broke the Guinness World Record for longest solo dance routine on Nov. 28 by dancing for 126 straight hours.

Longest solo dance record broken

Nepal teenager Bandana Nepal danced her way to a Guinness World Record by continuously performing a solo dance routine for 126 straight hours. The dancing queen, who was only 17, began her record attempt Friday, Nov. 23, and stopped dancing during the afternoon of Wednesday, Nov. 28. Upon completing her dance routine, she was awarded the record by a Guinness World records adjudicator. Nepal's dance, which she performed at the Big Foodland restaurant in Kathmandu, beat previous record holder Kalamandalam Hemlatha's record. Hemlatha, a citizen of India, danced for 123 hours and 15 minutes in 2011.

All-Hamilton panel presents in Atlanta at NWSA conference

*From **Hamilton**, page 1*

The admiration Sundar has shown for Jones and Knight-Jacks is mutual. Jones spoke of her awe in being able to communicate with the professor as a peer without her grade for the course lingering in the back of her mind.

Additionally, Jones praised the impact of Sundar's teaching methods and curriculum, saying, "I took that course my sophomore spring and people who took that course are currently mentioning the things we learned in her course for other courses.

"It is that relevant and that crucial that it's influencing our thinking in other courses. It's been happening to me for the past one and a half years and I get to see it from the front row seat in other people."

Jones added that the in-class discussions forced her to confront her own privilege as someone who is able-bodied, and has led her to be more mindful of how she perceives the construction of Hamilton's campus is indicative of many ways in which the school does not know how to accommodate marginalized identities.

Through this broadly applicable in-class learning as well as her work on the "Hamilton Assignments," Jones gained both confidence and knowledge.

She said: "Not only do I feel validated in my experience as a black woman in the world and on campus, I felt informed and like I learned a lot about my own shortcomings and my own privileges that I didn't think I had."

After attending workshops, discussions, and panels led by educators from all over the country, Knight-Jacks and Jones spent their final night at the conference in a grand ballroom with all the members of the conference, where they waited to hear from the conference's keynote speakers.

The lectures that night were delivered by Pulitzer Prize-winner Alice Walker — author of acclaimed novel *The Color Purple* — and educator Beverly Guy-Sheftall, a Black feminist scholar who is the founding director of the Women's Research and Resource Center and the Anna Julia Cooper Professor of Women's Studies at Spelman College. Guy-Sheftall also serves as the President of the National Women's Studies Association.

PHOTO COURTESY OF HAMILTON COLLEGE/KATHERINE O'MALLEY '19

From left: Margo Okazawa-Rey, Kyandreia Jones '19, Phinix Knight-Jacks '19, Pavitra Sundar, and Mariam Durrani.

Food Harvest program tackles wasted food and food insecurity

by Sarah Salimi '20
Staff Writer

Hamilton College's Food Harvest program was created five years ago by student Sam Carletta '17 and Professor of Economics Paul Hagstrom. Its goal is to combat the rising food insecurity issue in the Utica community as well as to tackle the problem of wasted food on Hamilton's campus. The program has been spearheaded by Amy James, Director of the Community Outreach and Opportunity Project (COOP), and harvests lunch and dinner in McEwen and Commons nearly everyday.

Student volunteers, who sign up to package uneaten food in the dining halls, run the program. These volunteers work alongside coordinators, who take on extended responsibilities such as weekly guaranteed food salvaging.

The Food Harvest program's process of salvaging food is efficient and takes 15 to 20 minutes on average. Each day, volunteers go behind the food service counters and speak to Bon Appetit staff, who then direct them to tins that can be used to package food. Volunteers scoop food into these tins and leave them in Bon Appetit coolers. Next, Physical Plant transports the food from the Bon Appetit coolers to freezers in List. After that, Rescue Mission Utica sends its people to collect the tins, which serve residents of Utica.

Currently, Jack Wright '19 is the COOP's Sustainability Manager and Liam Prum '20 is a food waste manager for Bon Appetit. The two serve as coordinators for the Food Harvest program and express their excitement about newly implemented changes to the program, such as the switch to dedicated volunteers who they say will have more ownership of the program than infrequent volunteers, and the decision to start weighing the food collected, allowing the program to measure its impact more accurately at the end of each semester.

One remaining goal, however, is to generate more consistency. According to Wright, "Each year, you lose people who are really invested, and that has the potential to make initiatives die off. However, we want to keep our momentum going, which is why having dedicated volunteers has been so important. It is a step towards institutionalizing Food Harvest so that it becomes part of the campus culture."

According to the two students, maintaining the club's momentum is crucial because it not only tackles issues outside the immediate community, but also serves as a way for members of that same Hamilton community to give back to the less fortunate. "In America [...] we are growing and producing enough food to feed most of the citizens of the world, but in fact [...] 1 in 8 Americans are food insecure," said Prum. "We are fortunate enough to have all this food access as an institution, and luckily there are a lot of good people who are giving up some of their time to address this issue. It is daunting but empowering that we can make change, no matter how small, to benefit the community."

Prum says the program has received positive feedback from Rescue Mission Utica, which says that the food received is completely consumed quite soon after it is delivered.

Prum and Wright say that if you would like to join Food Harvest, check your email for messages from Slow Food and Food Harvest, which will include live Google Docs links that will allow you to sign up to volunteer. Also, if you would be interested in serving as an employee of Bon Appetit as a food waste manager next semester, you can contact Liam Prum at wprum@hamilton.edu.

PHOTO COURTESY OF HAMILTON COLLEGE/KATHERINE O'MALLEY '19

COOP Sustainability Manager Jack Wright '19 (left) is one of two program coordinators for the Food Harvest Program.

Religious Studies students trade traditional coursework for community internships

by Caroline Nash '22
Staff Writer

Students in College Chaplain Jeff McArn's class, "American Freedom and Religious Thought," do not simply read or head to the library to prepare for discussions as many other classes do. Instead, each week, McArn sends the students in his class off-campus to intern for community service organizations in the greater Clinton area. Through this experience, the students say they have gained exposure to the many social and economic challenges facing people in the United States, and have begun to understand how the day-to-day living experience of many Americans connects to broader issues of inequality.

Libby Militello '22 says she registered for McArn's class because it sounded interesting to her. Militello has spent this semester working with a partner at the food pantry in the Johnson Park Center as a part of McArn's class. Militello describes her family as not particularly religious, but she has enjoyed the opportunity to find connections between religion, history, and contemporary American issues through the class and internship.

"I feel that participating in these internships has shown me obstacles to American freedom beyond the glaringly obvious — there are so many little things that make up an individual's ability to live their life on their own terms," said Militello.

"American Freedom is about as broad and vague as you can get, and yet central to an American value system," explains McArn. He says the internship program "gives us the opportunity to consider the element of poverty as a factor in thinking about the opportunities and challenges of freedom in our society."

McArn is committed to learning through experience and sees value in "getting out of the proverbial bubble, as a reminder that life goes on in diverse struggles and different ways than the culture we settle into all too easily on the Hill."

The organizations affiliated with the class are all led by people McArn has known for many years, through his work as chaplain and through the COOP's Service Internship Program. He believes his students' work with these social service organizations helps to forge stronger bonds between Hamilton students and the surrounding community.

"In many cases, students feel the desire and, in some cases, the follow-through, to continue working with the work and the people they have become a part of," said McArn. In addition to the food pantry, students are assigned to soup kitchens, refugee centers, and emergency shelters, all based in Utica.

The benefit for the first-year students taking the class this semester is not only the chance to engage with the community right at the beginning of college, but also to partner with another first-year student at the same time. "I think this is a pretty unique and helpful way to get to know new people, especially since this is a first-year course," said Militello.

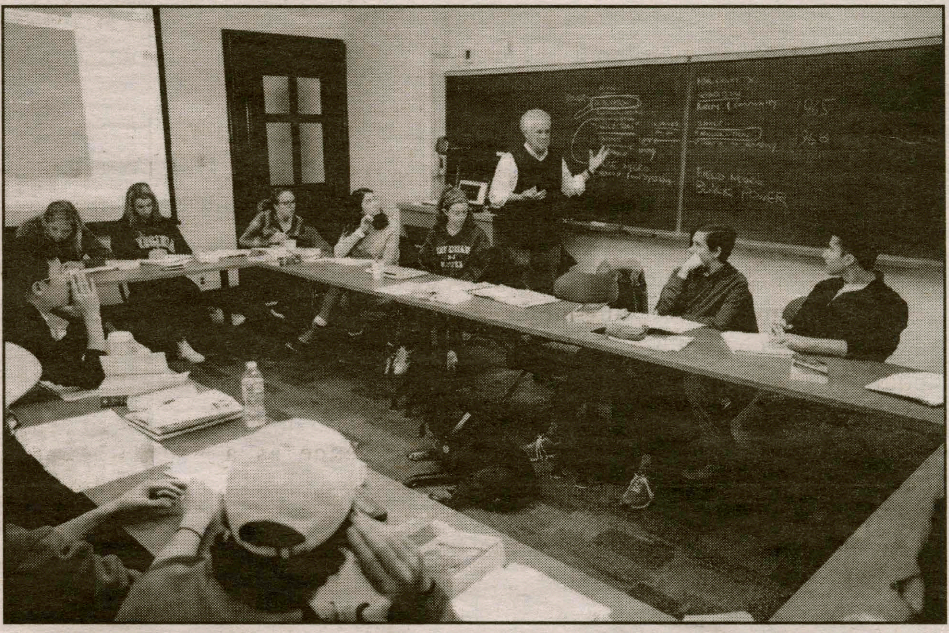

PHOTO COURTESY OF HAMILTON COLLEGE/BOB HANDELMAN

College Chaplain Jeff McArn speaks to his "American Freedom and Religious Thought" class.

Students in the class say they find the internship commitment manageable with classes and extracurricular activities because it is just two hours a week with college-arranged transportation, either by Uber or the Jitney. Still, Militello says "[the time commitment] is [...] often enough that we really get to understand the work done at our respective organizations and form relationships with the workers at our sites."

Students in the class have been keeping journals of their internship experiences and will present their reflections at a final class breakfast meeting scheduled for Dec. 6. Representatives of the community organizations also attend the breakfast and share their own thoughts about the partnership.

Militello recommends the class to other students, and McArn says he is committed to teaching it in both the fall and spring semesters each year. The class is reserved for first-year students in the fall, but is open to all Hamilton students in the spring.

Go-to economist: Professor Ann Owen teaches beyond the classroom as NPR contributor

by Grace Myers '19
Sports Editor

By now, Professor Ann Owen, the Henry Platt Bristol Professor of Economics, can be considered a frequent voice National Public Radio's (NPR) All Things Considered and Market Watch, where she appears as a guest contributor to the programs. Owen, who has been a member of Hamilton College's faculty since 1997, has been featured in many segments. Most recently, she was featured in "Is It Time for the Fed to Say Goodbye to the Phillips Curve Theory?" on Oct. 28, 2018, which examined the common economic principle that explains the relationship between inflation and unemployment.

Before becoming a professor at Hamilton, Owen worked as an economist at the U.S. Federal Reserve, where she was tasked with briefing the Board of Governors on current economic events; she also wrote policy papers during her time working there. Her specialty was monitoring treasury markets and interest rates.

Speaking about her transition to teaching, Owen remarked, "I liked being at the Fed. I liked it because it was a research-oriented environment where you could talk about many ideas with many fascinating people. You knew that you were doing something really important, but at the same time, I felt that I really enjoyed teaching. I knew that at some point I would leave the Fed, so I came to Hamilton when it was a good opportunity for me."

Now, her contributions to NPR occur on an invitational basis, a process Owen is quite familiar with. When NPR journalists begin writing an article on an economics-related topic, they call and ask for an economist's opinion on the matter. Often, Owen is the go-to.

She explains that her association with NPR began through the Hamilton College media relations office, and her name ended up being passed from journalist to journalist. Owen says she enjoys contributing, and that she especially likes it because it is helpful to Hamilton and a challenge for her.

"It's a broader audience," she said.

Owen also explained that there are some added challenges that come with the radio medium. "I have to assume that the listeners haven't taken any economics courses. When you're talking on the radio, you don't have a chalkboard. A lot of the time, [the journalist] will ask a question that, if I were in a classroom, I'd draw a graph for. I think it's more challenging on the radio because you have to explain these concepts without any aid. It's a bit of a challenge and I definitely enjoy that."

Typically, Owen is asked to contribute to stories about monetary policy, as well as stories about actions that the Federal Reserve is undertaking or might undertake. Occasionally, she will provide insight into general topics about the macroeconomy. Owen notes that she will not make predictions or comments on any individuals; instead, she prefers to answer questions that allow her to explain the basic concepts of monetary policy decisions. As markets change and modernize in new ways, many of the traditional models of economists are shifting. Owen's first-hand experience with the Federal Reserve, along with her academic and teaching experience, have made her a valuable contributor to NPR's programs and reporting on economic issues.

Owen firmly believes that her NPR contributions fit in easily with her regular duties as an educator at Hamilton College. She sees her work with NPR as a natural addition to her academic schedule.

"What this is," Owen emphasized, "is a different way of teaching, with a different audience. I really do think of it as an extension of my teaching."

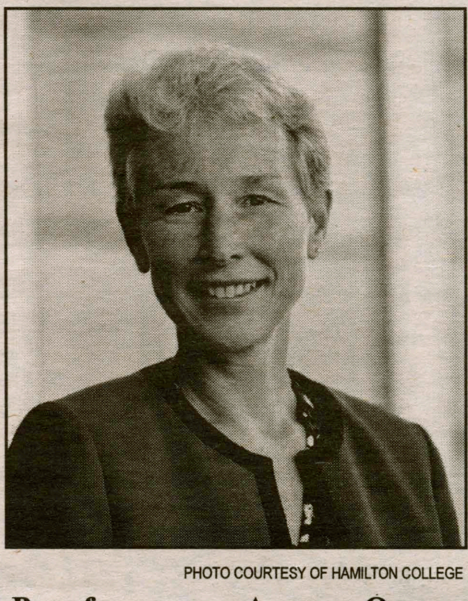

PHOTO COURTESY OF HAMILTON COLLEGE

Professor Ann Owen

Letter to the Editor

Dear *Spectator* Editorial Board,

Globalization is a contemporary phenomenon that affects the lives of many 'Third World' peoples both in the US and abroad. Disproportionately affected by globalization are the women of these countries, who are often pressured to export their labor potential by traveling abroad and performing care work.

In our Global Feminism course (WMGST 402), we have been studying power dynamics between the U.S. and the so-called 'Third World' and the implications that they have for women of these countries. In order to elucidate the manner in which the Hamilton community interacts with care work, we sent out a survey asking: did your family ever hire domestic care labor or did your family ever participate in domestic care labor? We more than doubled our goals in terms of survey responses which means we have excellent data to analyze and draw from.

Many have been curious as to why our class sent out this survey and what we plan on using the data for. This survey is part of a Collective Action Project in which we will collect data, analyze this data, and then present the findings to the Hamilton community. This will be done statistically (e.g percentage of Hamilton students who have hired care work) as well as geographically. We will generate an interactive map which traces the geographic origins of care workers hired by Hamilton students, as well as those who have been hired to do care work. These analyses will be supplemented with discussion of the history of globalization and care work as well as pertinent feminist theory.

For instance, women, usually from the Global South, are imported to the United States in huge numbers to perform domestic care work, which we define as domestic care labor as any work done within someone else's home to maintain that home or family for a wage. Domestic care work can include: nannying, nursing, cleaning, cooking, lawn maintenance, chauffeur, etc.

Our goal is to take this global issue and localize it to this campus as much as possible. We hope that data from our survey will assist us in doing this and in making the issue relevant to the average Hamilton student. It is important for us to show our community that these issues impact each and every one of us and are not abstractions or issues which only exist 'somewhere else.'

We feel that this project is incredibly important and relevant to Hamilton students which is why we will be setting up tables at two locations to display our data and talk about our project. We will be in the Science Center Atrium on December 3rd from 10 am to 1:30 pm and in the KJ atrium on December 5th from 10 am to 1:30 pm. We would love for you to stop and hear about our project or just glance at our maps and data.

We hope to see you soon,
WMGST 402

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Letters to the Editor are welcome from all students, alumni/ae, faculty, friends of the college, and Hamilton community members.

The Spectator has the following policies for submission:

1. Submissions are due by 10:00 p.m. on the Monday before publication. The editors reserve the right to refuse any late submissions.
2. Letters should be no longer than 500 words. The editors reserve the right to cut off letters at 500 words.
3. Letters submitted anonymously will not be printed.
4. *The Spectator* reserves the right not to publish any letter it deems inappropriate for publication.
5. If a piece is determined to be libelous, an unwarranted invasion of privacy, or an unnecessary and/or unwarranted ad hominem or personal attack, it will not be published.

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Blue Wave takes Congress:
Reflections on the midterm election results

by Eric Kopp '22
Staff Writer

On Nov. 6, people went to the polls to decide our country's track for the next two years, and it couldn't have been more of a rebuke of the ruling party.

In a record turnout for a midterm election going back to 1966, 53.1 percent of the electorate voted for Democratic House nominees. High voter turnout helped produce a blue wave in the House by flipping 39 seats, almost double the minimum of 20 seats needed for Democrats to regain the chamber.

Republicans were able to retain the Senate due to the fact they were playing offense in several states like Missouri, Indiana, and North Dakota where President Trump won by double digits. While Republicans picked up four seats, Democrats flipped both Nevada and Arizona, keeping Republican gains to a minimum of one seat (now two, with the outcome of the Mississippi runoff election going in favor of Republican Cindy Hyde-Smith.)

The Democrats' win in the House can be attributed to many states like California, Pennsylvania, Illinois, and New Jersey.

I might be a tad bit biased because I've lived my entire life in New Jersey, but it truly did help Democrats get across the finish line.

People often think New Jersey is a liberal paradise situated on the east coast, but Republicans still have a decent amount of influence at the federal level. At the start of the 155th Congress, the state's Congressional delegation was split 7-5. Prior to that, it was split evenly at 6-6 until Democrat Josh Gottheimer unseated incumbent Republican Scott Garrett in the 5th District during the 2016 election.

The 2018 election swept four of the five Republicans out leaving New Jersey's Congressional delegation at 11-1.

Democrats were able to win in districts that have supported Republicans in the past, but are made up of a large amount of educated voters. These voters, especially white women, don't have a place in Trump's modern Republican Party. They have started moving over to the Democrats, allowing the party to flip key districts centered around the suburbs. The 2nd, 3rd, 7th, 11th Districts are all centered around the suburbs of New York City or Philadelphia. If you had told any New Jersey operative prior to 2016 that those districts, except the 2nd, were winnable, they would've laughed in your face.

These four new representatives, along with those from across the country, will determine the tone of not only Congress, but also the Democratic Party itself. Their first task, electing a new Speaker of the House, has already turned into a huge debacle.

Nancy Pelosi, current House Minority Leader and former Speaker from 2007-2011, wants a second chance at the job, but some Democrats think that it's time someone younger picks up the gavel for the next two years.

One of the those people is Rep.-elect Mikie Sherrill from the 11th District. "I have been talking about how important it is we have new leadership in Congress right now," Sherrill told *MSNBC*. "So I won't be voting for Nancy Pelosi."

While I am not a huge Pelosi supporter, it cannot be refuted that she has been behind landmark bills like The Affordable Healthcare Act, The Dodd-Frank bill, The American Recovery and Reinvestment Act, and the repeal of Don't Ask, Don't Tell.

At this point, I believe Nancy Pelosi is the best candidate for the Speakership, but she needs to help prepare the next generation and incorporate them into leadership positions. Eventually, Pelosi will need to pass the torch, and it's her responsibility as Leader of the House Democrats to help build those candidates.

The 116th Congress is the most diverse group of federal elected officials in our country's history. We not only elected a landmark number of women and Millennials, but also saw the election of the first bisexual U.S. senator, first Native-American, and first female Muslim representatives.

Pelosi's leadership team needs to look more like modern America: more people of color, women, and members of the LGBT community. If she can do that, she has my full support.

While Rep.-elect Sherrill and I might disagree on Pelosi assuming the Speakership, at least we have shared reasons for hesitance. There are people like Rep. Josh Gottheimer, my representative, who oppose Pelosi for no reason other than power.

Gottheimer is co-chair of the Problem Solvers Caucus, a bipartisan group of forty-eight so called representatives. While this group is made up of so called "moderate" politicians, according to *The Washington Post*, "the caucus' Republican members have on average voted in line with The White House's position 93 percent of the time."

The group is proposing changes in House rules titled "Break the Gridlock" which would give more power to backbenchers and the Republican Party. One of the main components of the package is that if any amendment receives 20 co-sponsors from both parties, it will be put up for debate and voted upon.

This would effectively cede power to the same "moderates" that vote with Trump 93 percent of the time and the entire Republican caucus. Even when Democrats regain a chamber of Congress they haven't held since 2011, they actively seek to diminish their own power.

In reality, the Problem Solvers Caucus has accomplished almost nothing. Out of the five bills the group has put forward, only one has passed. You would think such a "bipartisan" group would have passed more bills than that, right?

It turns out that the Problem Solvers Caucus is closely tied to an organization called No Labels. This group spent almost $2.5 million to help protect vulnerable incumbent Republicans during the 2018 election, almost double the amount they spent on Democrats.

Since the group is now threatened by a somewhat progressive Speaker Pelosi, they are trying to limit the amount of progressive legislation she can pass. Let's be clear, Problem Solvers are trying to hijack the Democratic Party and not many people are realizing it. All their members use the group to attempt to show how moderate they are, but it's simply not true.

Josh Gottheimer and the Problem Solvers are solely looking for power and it's disgusting. During the March for Our Lives, I stood in front of my county courthouse disavowing Gottheimer's opponent's over their stances on gun reform. It's hypocritical for me to call them out and not a member of my party.

What I've come to realize is that Gottheimer might talk about how he'll implement "common-sense" gun reforms, but there is nothing behind it. Gottheimer and his group only care about power, they don't care about how dirty they have to be to obtain it.

Gottheimer and nine other Democrats from the Problem Solvers Caucus have promised that they will oppose Pelosi if she does not support all of their demands in writing, even though she has stated that she supports parts of the package.

Even supposed rebel Rep.-elect Alexandria Ocasio-Cortez has put her support behind Pelosi because she realizes she is what the Democrats need right now, even if Pelosi doesn't support all of her demands.

Out of the four new representatives that were elected in New Jersey, two have said they will oppose Pelosi, one said they will support her, and Andy Kim still says he's undecided.

It's very likely that these freshmen representatives will decide the outcome of the speakership race. They are representative of the current split between the incoming Democratic class: those who can't afford to be associated with Pelosi and those who realize the amount of money she can raise.

Pelosi and her opponents will be trying to pressure the freshman to vote their way, but the representatives will still have to answer to their constituents and other elected officials back home.

Recently, a group of influential New Jersey women including the Lieutenant Governor Sheila Oliver, Senate Majority Leader Loretta Weinberg, and Democratic Party Vice-Chair Lizette Delgado-Polanco penned a letter in support of Pelosi.

In the letter, the group quotes Pelosi when she was trying to pass the Affordable Care Act. "We'll go through the gate. If the gate's closed, we'll go over the fence. If the fence is too high, we'll pole vault in. If that doesn't work, we'll parachute in. But we're going to get health care reform passed for the American people."

Right now, we need her to focus the Democrats on passing liberal reforms that will improve the lives of everyday Americans, not the wealthy donors of No Labels.

Unlike Republicans, it seems like Democrats will roll over at the sign of any controversy, but Nancy Pelosi has already played this ball game. The Republicans have tried to use her as a weapon and she has survived; you can't get rid of her that easily.

It's time that Josh and his Gang of Nine take a cue from the women in their state: It's time to get over these petty political power grabs and focus on governing. The Democratic Party belongs to the people, not those who are willing to throw them aside.

Thumbs Up	Thumbs Down	Who Cares?
A mounting sense of dread. Online shopping. I have three pairs of pants coming in by the time this issue goes to print! For $40! `Sometimes you just can't go wrong.	When someone doesn't hold the door for you! There's nothing ruder. Except, maybe, when people don't say "please" or "thank you." The History Resource room. There is simply no way anyone can do work in there. It's far too dreary.	I finished my nabumetone prescriptions! NSAIDS worked a lot better before the ablations. But still, reassuring to have them, you know? Now I'm on my own!

by Zach Deming '20 and Gwyn Sise '19

Disclaimer: The opinions expressed in this column are purely of a satirical nature, and are not representative of the views of *The Spectator* editorial board.

Thoughts and reflections on the power of forgiveness during the holiday season

by Byung Yo (Taylor) Kim '19
Opinion Contributor

Although I usually don't really celebrate Thanksgiving, this year I gave myself the opportunity to reflect gratefully on this past year. Hands down, therapy has been the best gift I've received. Having a growing community of people who are also on their own journeys towards becoming a happier and healthier individual has been encouraging and inspiring.

Although social media isn't the most credible source, there is still much wisdom and truth in the sharing of people's testimonies. Mari Andrew, an artist on Instagram, wrote about the pleasure of pardoning a stranger who apologizes for sitting on her front porch when she comes home. This simple forgiveness is easy because the transgression is miniscule, but it is still a valid exercise.

I struggle with forgiveness and am wrestling with it now. The pressure to forgive certain people for events in my life has been growing in urgency lately. At the beginning of the semester, I had angry dreams of confrontation filled with screaming and crying. But as I've unraveled my emotions and thoughts in therapy, these dreams have shifted in tone. Now, they're sometimes about reconciliation and mutual understanding that, despite the past, we still care about each other.

The Christian in that's been dormant in me is seeing this as an opportunity to make amends, forgive, and live a better life. But I'm still dubious. I don't actually know if forgiveness will lead to a better life. The old me would have jumped at the effort of making peace, but the current me doesn't want to make mistakes like I used to. The requirement to forgive is deeply ingrained in me, and I'm trying to figure out if I want to fight it or let it guide me.

I don't know what it would feel like to forgive. I used to think that forgetting about the past was giving others a free pass, an excuse for the hurt that they've caused. Now, I'm not sure what I think about forgiveness, but I can feel the fluidity of my changing opinions. I also wonder if this urge is simply motivated by my desire to be a "good" person, which in itself is a confusing concept.

In the face of the pressure to forgive, I am comforted by the thought that it isn't necessary. During a therapy session, Dennis LaLonde Psy.D. reassured me that forgiveness was a choice that I get to make. I hold the power of it within myself and no person or institution can pressure me into it.

I think that I really needed to hear this sentiment. Although I'm unsure as to whether I agree, it allows me to be easier on myself and to take the time I need. Hearing from someone else that there wasn't this pressure and moral obligation to forgive and "be the better person" allows me to feel that I am still a "good" person regardless of my decision.

My moral worth isn't determined by my inability or refusal to let go. Rather, I can have a more compassionate view towards myself and experience the full spectrum of grief.

Another idea that helps me is that forgiveness is more of an acknowledgement that you and the other party are both human. That entails acknowledging messy relationships, mistakes, and even malice and hatred. But it also means that both parties deserve love, regardless of who gives it to them and whether you want to see it happen.

Like Mari Andrew, I want to build up a practice of forgiveness and experience it daily. I want to feel the freedom that forgiveness brings. To let go of past transgressions and to move into the light. Holding onto hurt and anger continues to hurt me, which is the opposite of what I want. Being hurt the first time was bad enough — I don't want the cycle to continue and for my wounds to deepen. At the end of it all, I want to forgive as an act of self-love. If anything is impeding my inner peace and happiness, I want to work to dismantle it. With so much in the world around me that is hurtful and hateful, I want a refuge within myself that I can also bring to others.

This Thanksgiving reflection has brought much gratitude, but also a longing for better things to come. As I'm working in my own personal journey of self-improvement and self-love, I hope that the world continues to improve and more and more people will begin to love others as they begin to love themselves.

The XXXTentacion Effect: how should we balance art and the artist?

by Dorothy Poucher '21
Staff Writer

We are in a period where it seems like our heroes are constantly falling. Those artists we have loved and/or praised have transgressed various lines or have been accused of doing so. So, who do we have left? And how do we go about experiencing and connecting to the art and entertainment they produce?

First off, I do not believe that people have gotten worse, that suddenly pure and wholesome industries have now become infested with those who have committed destructive and illegal acts. Rather, we have the access and concern to make the smallest parts of these artists' lives public. While money often buys privacy, it is simultaneously true that tabloids, reality TV, cameras, etc. make it hard for anyone to hide. What we recognize is that often the moments in these artists' lives that move to the forefront are those with highest entertainment value or interest; events or characteristics on the extremes of good and bad, as long as they are "exciting" in the view of the public.

We have seen the complicated lives of some of the most popular figures in different industries: from Harvey Weinstein facing multiple accusations of sexual assault, to XXXTentacion's death and taped confessions of murder and domestic abuse, to cheating scandals among various actors and actresses. As we travel deeper into the personal lives of those within the music and film scene, the more transgressions or questionable things we unearth. This is of course due to them being real humans (shocking, I know) and also often because of the culture and lifestyle so rampant within these fields. Though it is easy to idolize these figures, (and this inclination is wrought with its own issues), we are not asking them to be our friends. We are not asking them personally to be parts of our lives, or are we? With our friends, our idols, the politicians we support, we often are expected to have opinions on their moral character, and this is a part of our assessment of our need or lack thereof to support or to be involved with them. If we decide that the art created is the main focus, is it possible to separate the creator from the art? Do we need to?

The next question is how do we go about conceptualizing beautiful and moving art that some say has been created by monsters? How is it that we can have such pure and moving experiences watching or listening to media that has been created by industries wrought with problems of pettiness, sexism, hatred, or abuse? It is one of art's strongest appeals and most important features that it can make us think and feel, allowing us to connect to the world and others, think in new ways, and even deal with our own issues. Despite who has created the art, the truth is this goal can still be achieved. If we can draw a line between the morality of those who have created the art and our personal experience with the art itself, we can allow this experience to remain pure and impactful.

This of course means that it is still our job as consumers in conversation and evaluation to speak about these films and songs in terms of their personal impact and merit as they stand alone, not in terms of our perception of the moral character of their creators, unless we explicitly draw that line or decide to take on that lens.

Though we may be able to draw the line in our uses and our conversation around this art, one of the biggest problems seems to be our expression of monetary support. 1 million Spotify streams translates to about $7,000, making 10 streams of one artist's songs add up to about 7 cents of revenue. This revenue is then of course split up among many groups. A study done by the Future of Music Coalition found that contracts with major labels often give artists about 11-13 percent of royalties from their albums, even dropping to 5 percent depending on contract clauses. This is all to say that though we may find where we put our money to be important, our actual contribution to the artists themselves is extremely minimal, and specifically in music it is about a drop in the ocean.

This is not to say that we should ignore the unacceptable acts that artists commit, nor that we should praise them or generalize their character based on their art. Rather, we as consumers and audience members have the choice to be entertained in the way we prefer, with the knowledge that our choices have the biggest impact on us alone. When we speak about these artists, it is best that we draw a line between the art and the creator as well as how it impacts us. Just because they have talent, does not make them any less human. Maybe we shouldn't rely on the information we are given through media to help us really understand those that create the art we admire. We can never avoid forming opinions, but it is important to note that we can never achieve anything close to a sufficient knowledge of their full character.

It is clear that movies and music have shaped our views on the human condition. This may be why we have such a desire to determine the moral character of those creating them. If we use art to get through our struggles and to process our own lives, or refer to music as therapy, then essentially who are we hiring as our therapists? Can the advice be good if the therapist is deemed unreliable or not trustworthy? Are we getting advice on humans from monsters? I don't believe it is that simple. Rather we are just getting the experiences of and are learning from people who are dealing with the same complexities that we are.

The most intriguing part of this whole debate is that, despite all that I just said that is logical and rational, what art often expresses is not this at all. Instead, what connects us to it is art's ability to reveal and change the soul. This music, film, and art is raw and real because it often comes from places of extreme joy or extreme sorrow. And within this are real people who have felt real things. This is what makes the experiences that we have with art so impactful. Not because it is pure but instead because it is tainted. Its imperfection is what allows us to connect, and what allows it to be a mirror for all of us. So maybe we shouldn't be looking to artists as our idols, but rather as our equals, with stories we can learn from and relate to.

The psychological state in Kamal Al-Sheikh's cinema

by Ghada Emish '19
Staff Writer

Watching a film by directed Kamal Al-Sheikh (1919-2004) invites a reflection on human behavior. Al-Sheikh was the kind of director who liked to rely on subtle gestures to convey significant meanings. The simple yet evocative visual composition of his films reveals a profound contemplation of human interaction.

Al-Sheikh's cinema is the farthest from what the Egyptian audience expected or had been used to. The Egyptian film industry started with the production of musical film that was more concerned with featuring talented musicians and singers. The intended meanings in these films were explicitly stated rather than conveyed through stylistic methods. It was not foreseen to have films that dealt with the subtlety of human psychology. The lightness of the musical, which albeit demonstrated decent levels of production and other technical aspects, contrasts with the depth of the psychological interrogation in Al-Sheikh's films.

While there was not a sudden transition from musical film to Al-Sheikh's cinema, the intended meaning of these films were not always understood or appreciated by the audience. From a cultural perspective, it was not in the nature of the Egyptian people to exercise psychological analysis. An intellectually autonomous man, Al-Sheikh took to criticizing socio-political issues, such as the influence of war on society, through revealing their contemptible reflections on human behavior.

In his film *The Last Night* (1963), a middle-aged woman suffers from amnesia and, in an atmosphere of distrust, does not know who to believe when it comes to the truth about her real identity. Her last memory is of a Second World War air raid in 1942. In one shot, she looks at her reflection in a mirror with bulky decor that reduces her reflection. With a 15-year gap between the present moment and her last memory, she is both overwhelmed by and in denial of the vagueness of her identity. The loss of memory corresponds to the irrevocable transformation of social identity that is caused by war. Al-Sheikh demonstrates the weight of this taxing transformation as tangible on an individual as well as a social level.

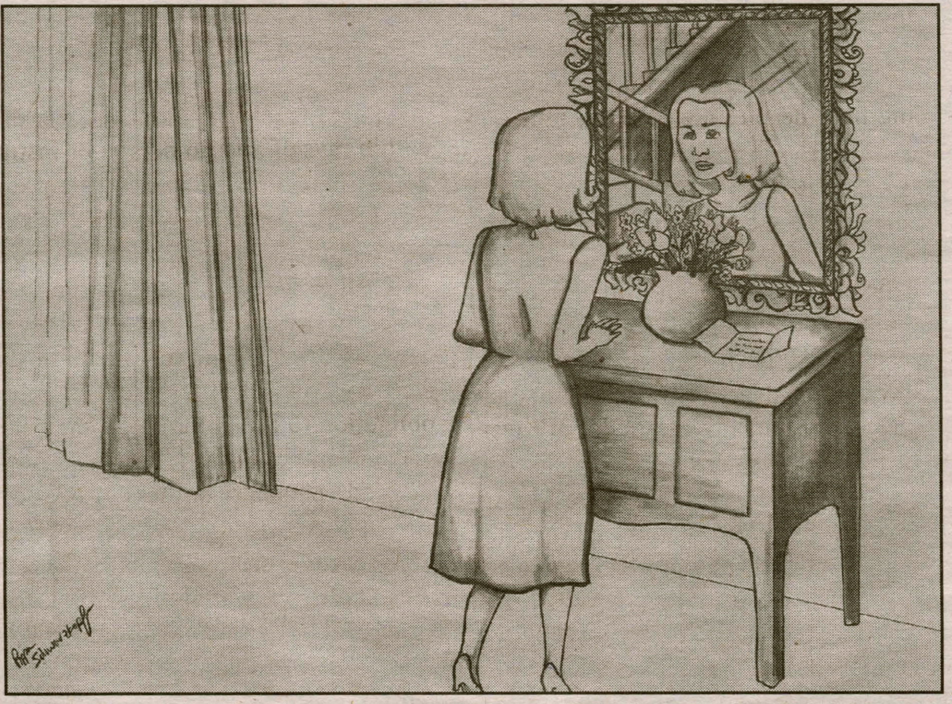


ILLUSTRATION BY PIPPA SCHWARZKOPF '16

An illustration of a scene from the film *The Last Night* (1963).

With an artistic approach that is fundamentally different from that of other directors of the period, Al-Sheikh stands out in the history of Egyptian cinema. Unlike other directors, who illustrated emotion through setting or employed actors' expressive performances in a realist framework to convey socio-political criticism, Al-Sheikh was mostly interested in humanizing his characters. The differences between the personalities of the characters provide the audience with different perspectives of the other characters, helping the audience see them in different lights.

Another Al-Sheikh film, *I Won't Confess* (1961), centers around the moral dilemma of Fathi, a young man who, unintentionally, involves his brother-in-law in a theft, but feels reluctant to own up to his share of responsibility. Al-Sheikh portrays Fathi as be immersed in his own indulgences, not stopping to see the damage his deeds have caused to his family. However, he has a close relationship with his nephew, a young boy who is the son of Fathi's brother-in-law. Their interaction has more of a friendly than authoritative feel. Fathi's sister, the mother of the young boy, is confused, as she does not believe that her husband acted unethically and feels obliged to protect him. In a sense, her hesitation mirrors her brother's complicity in the theft, they both experience a moral dilemma. Fathi ends up turning himself in, but he is not portrayed as a criminal as much as a person who made a mistake and decided to own up to it. Toward the end of the film, the nephew is shown holding a toy rifle that evokes the playfulness of his uncle's character and their relationship. The fact that Fathi made a mistake does not ultimately exclude him from the family.

Al-Sheikh's stylistic choices demonstrate his emphasis on humanizing the featured characters. The minimal reliance on makeup gives each actor's visage a sense of transparency. There is no barrier between audience and actor; instead, it is direct human communication. The shots are not framed by certain objects in the scene, giving them an open feel as well as a sense of depth into the world of the film. In Al-Sheikh's mind, framing a scene might have created an undesirable artificiality of the shots which he did not want, especially given his emphasis on conveying the psychological mood of the characters and of the atmosphere in which they find themselves. These choices provide the lense through which Al-Sheikh wanted the audience to see his characters.

This contemplative gaze that Al-Sheikh devised is not limited to the "fictional" characters in his films; it inspires a certain way of looking at somebody in an objective light.

This writing project is supported by the Kirkland Endowment Fund.

December — Fall/2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 World AIDS Day#6 Woman to Woman "Light in the Shadows"	2 Hanukkah (2-10)
3	4	5	6	7 Fall Semester classes end	8 DMC – Study snacks; Reading period (8-10)	9
10 Final Exams begin; International Human Rights Day	11	12	13	14 End of Final Exams	15 Residence hall closes	16
17	18	19	20	21	22	23
24	25 Christmas	26 Kwanzaa (Dec 26-Jan 1)	27	28	29	30

Worlds AIDS Day: Created to commemorate those who died of AIDS and bring awareness towards the HIV/Aids epidemic.

Review: Soul Bowl's berry healthy smoothies

by Tiffany Lopes '21
Staff Writer

PHOTO COURTESY OF SOUL BOWL FACEBOOK

Looking for a nearby healthy and diet-friendly alternative? Look no further than the recently opened cafe Soul Bowl — it might be exactly what you've been searching for. Located in the village of Clinton, Soul Bowl is a small cafe featuring vitamin- and nutrient-packed bowls that are perfect for breakfast and brunch, or if you're just looking for a quick bite to eat. Their menu consists of açaí bowls, coconut bowls, pitaya bowls, banana bowls, green bowls, smoothies, toasts, and oatmeal bowls. Their mission is to provide options with whole, raw foods to Central New York, and the menu was created with the intention of being vegan, gluten-free, and refined sugar-free.

Jenna Stanton launched Soul Bowl in June 2018 with the simple idea of creating healthy and inclusive foods that everyone, including those with particular diets or allergies, can enjoy. Her idea stemmed from her own difficulty with finding tasty foods due to her own dairy allergy and her constant concern with the preparation of foods behind restaurant kitchen walls. And so Soul Bowl was launched.

The ambience of cafe is delightfully pleasing, and the tropical-themed decorations match the menu perfectly. The friendliness of staff, including Jenna and her mother, is also pleasant and the entire environment feels extremely welcoming.

As soon as I glanced at the menu, I noticed were the variety of bowl options and a large amount of different natural toppings that could be added to them. From goji berries to matcha powder, they really do carry an array of healthy options.

The second thing I noticed were the semi-steep prices. Being from Rio de Janeiro, açaí was a huge part of my diet given its place in beach culture and wasn't ever sold or marketed as a pricey item. So, seeing the açaí bowls range from $9 to $11.50, I was a bit taken aback.

My friends and I shared the Tide Pool Bowl, the Nutella Daze toast, and a large make-it-your-own açaí bowl. The Tide Pool is one of their green bowls, which uses kale, pineapple, banana, and coconut milk as a base. I added the almond butter drizzle to mine. I ordered a small, which for the price should've been the size of a large, but was satisfying nonetheless. The taste was pretty good, and it's made right then and there, so you could tell the fruits were fresh. The Nutella toast was essentially just Nutella spread over whole grain toast, and, while the taste was indeed good, it wasn't necessarily worth $5 for a single serving since it could be made just as well at home. The cacao nibs were a good addition to it, though. The açaí bowl, one of their specialties, was definitely one of their best menu items. There are lots of ways to customize the make-your-own bowls, which is fun if you're looking to try new healthy toppings.

Soul Bowl is a convenient, healthy option for those who enjoy fruits and diet-friendly food. While the price didn't match the quantity or quality of we got, it's definitely worth stopping by to try given its near location and authenticity as one of the only superfood cafes in the Central New York area.

From Where I Sit: New adventures

Hamilton's International Perspectives Column

by Josephine Chong Foo Yen '22
Contributing Writer

PHOTO COURTESY OF JOSEPHINE CHONG FOO YEN '22

"So, today the average temperature would be around 18°C," I murmured to myself as I decided if a hoodie would be warm enough. Yes, I haven't switched to Fahrenheit yet. I'm still not used to Fahrenheit, miles, pounds, or even ounces, but I'll get there someday. Checking the temperature every morning is now a part of my routine, and the Weather app has become my new best friend. Worrying about the weather is not something I normally do back home in Mauritius. I have to say that the weather here in upstate New York has been the biggest change for me.

As I put on my hoodie, I could hear a knock on the door. It was my friend Salma. She got a text from Robin, her host-mother, that the hike might be canceled due to the inclement weather. But we still wanted to go off campus, so we decided to go to Old Forge, hiking or no hiking. Old Forge is about a one-hour drive from Clinton. The further north we went, the more colorful the trees became. They had leaves of different shades of red, orange, and yellow.

This was my first time experiencing the fall season and witnessing the burning colors of the leaves. Staring at the flamboyant trees warmed my heart despite the cold weather outside. Somehow, the warm shades of the leaves instilled a sense of serenity. Traveling on Route 28, we saw that we were approaching a little town. I was amazed by how nice and cozy the small town was despite its secluded location. I was surprised to see that they also have a water park in Old Forge, Enchanted Forest Water Safari. In the end, the weather was not as bad as predicted and we decided to go with the initial plan. We parked on the main road near the starting point of the mile-long hike. We signed the visitor book and took a photo in front of the Bald Mountain sign before starting the hike.

I could feel the adrenaline building up. The last time I went hiking was about four months ago, before leaving for the United States. It felt like home except that the trees at Old Forge were more magical. The hike started with a relatively easy walk into the woods, but as we went further up, the hike became steeper, almost 500 feet. Some areas were harder to hike than others and we had to hold onto the trees and help each other out. The muddy path made it slightly harder but still manageable. At some point we had to walk over a huge bedrock which was slanted and created small valleys on both sides. It was as if we were walking across a narrow bridge. People could only walk in one direction at a time, and they had to walk in a queue. This part was slightly more dangerous, as there was a risk of slipping down on the sides. Along the way, we stopped a few times to take photos. We stopped to admire the stunning panoramic view of the Adirondacks. We could see the Fulton Chain of Lakes from where we were. At the summit was the Rondaxe Fire Tower, which Salma and I were enthusiastic to climb. Since it can only support a maximum of 10 people, we had to wait for other hikers to get down. It was chilly at the top, and the wind was piercing cold. However, we still enjoyed the view and took more photos before going down. We were planning to have lunch at the summit, but it suddenly started raining. Robin and Daniel suggested that we go back before the rain got worse. The way down was faster but more difficult, especially because the rain made the path more slippery. It took us around 30 minutes to get down the mountain.

We parked near Old Forge Pond and ate lunch in the car while waiting for the rain to stop. It did not take long, and we decided to take a walk around Old Forge. Robin and Daniel were telling us about the creatures in the Adirondacks and identified the different species of birds around the area. We saw a flicker, a loon, and a turkey vulture. Salma, who is a bird enthusiast, was ecstatic about seeing the birds, and she recorded all the names of the birds she saw. Old Forge also has several gift shops, and there is one in particular that reminded me of Indonesia. They had shirts from Bali, plus bracelets and jewelry. For a moment, I felt like I was spending the holidays in Bali. Before heading back, our last stop was at the mini golf. It was exciting, as I had never played mini golf before. One thing I learned about mini golf is that it is harder than it looks. For one course, it took me more than nine shots to score. I was the worst player, but it was fun nonetheless.

By the end of the day, I was feeling tired, and I could not help dozing off in the car. It was a wonderful day, and I was glad that we spent a whole day off-campus. I got to explore new places and try new things. It has been nearly four months since I came to the United States, but I am not really feeling homesick yet. Maybe it is because I have found home here. Hamilton has become my second home (or third), and I am looking forward to going on new adventures during my next four years here.

Top 5: Campus dining hall meals

by Cliff Musial '21
Staff Writer

With four dining halls across campus featuring a vast variety of concoctions, it can be overwhelming trying to discern which foods to eat. To help, I've compiled this list of the best five meals served on campus, so you know what to watch for and what to order.

IMAGE COURTESY OF HAMILTON COLLEGE

5. McEwen and Commons: London Broil

Named after a technique of overcooking beef that originated in the capital of the United Kingdom, this delectable dish can be found at both McEwen and Commons. This dish is all about the first bite; don't let the next thirty minutes you'll spend gnawing on the rubbery beef dissuade you from enjoying the unforgettable two seconds of the delicious gravy settling on your tongue. Those who would prefer chewing gum to eating a meal won't want to miss this British delicacy.

4. Commons: Quoique ce soit cakes with broccoli and carrots

A local favorite. Really settles nicely on your tongue and is worth the somewhat unpleasant crunch for the delicious aftertaste. However, it can present a challenge when you've reached the front of the Commons line and it's your turn to politely yell out the three items you'd like meager portions of sprinkled onto your plate — it often takes more than of thirty seconds of the from the person behind you just to find the noun in this title, and thus be able to know what it actually is that you will be eating. After all, it's not just "rosemary roasted red scalloped blackened herb-crusted" anything; it's "rosemary roasted red scalloped blackened herb-crusted" quoique ce soit (whatever that is).

3. The Howard Diner: Buff-barb-parm

If you've somehow managed to decipher any sort of discernible language from the drawl of abbreviations used to grunt orders at the Diner, then you've probably heard of the infamous buff-barb-parm (I may have missed some syllables in the middle). If you haven't, just pull out that backwards hat from your closet, throw on an article of Hamilton apparel, thrust your hands deep into the pockets of your joggers, and grunt "buff-barb-parm" (or some variation of similar guttural noises) at the nearest diner employee. Chances are, you'll end up with something quite tasty, though containing 300% of your daily value of carbohydrates.

2. The Little Pub: Turkey, bacon, and cranberry sandwich

This pub classic attracts a very big crowd to the otherwise little pub. While waiting in line for half an hour, you'll find yourself first thinking about your day, then thinking about your night, then growing tired of thinking, then listening to the conversations around you about today's lacrosse practice or tomorrow's football game, and then finally wondering what could possibly be making the line take so long. Once you finally reach the front, you'll quickly find the answer by watching the guy in front of you — shoulders lowered, feet planted, elbows splayed out — slowly loading his plate with more turkey then you ever thought a sandwich could hold without ever breaking his form of the utmost masculinity. Then, he'll toast it to his liking, the extremities of the sandwich occupying the whole press so you're forced to watch his ritualistic deliberation for two more minutes. However, once you finally pull your steaming sandwich from the press you'll realize just how worth the wait it is.

1. McEwen: Nacho Madness

Rumor has it that even the most introverted dorm-dwellers crawl out from the basement of Dunham to make it to McEwen when it's Nacho Madness night at global. Even a shrewd cynic (like whom, you say?) couldn't find anything to poke fun at in arguably the finest dining on campus. My only advice is to get there before six o'clock, and grab more than one basket of nachos.

SEX & the Campus: A sexy sock-ret!

by Lucy Munves '19
Head Production Editor

Let's set the scene: it's a weekend night. You go home with someone and begin to hook up. It's dark. It was fun! When you're done, the light is flipped on. And you see your partner, entirely naked, except for... a pair of socks? Huh. You hadn't even noticed! Or maybe that's what you felt brush up against your leg and ignored? Either way, this image of someone entirely naked except for their socks is surprising (and maybe unsettling). Or maybe it's not? So what's the deal with keeping your socks on during sex?

Keeping your socks on during sex is a topic that has been thoroughly discussed in sex columns and magazines alike. This idea is, upon first glance, entirely trivial. However, a quick Google search drew 18,400,000 results. This debate, as surface-level as it may seem, has clearly sparked significant discourse. As unconventional as it may seem, there is an element of practicality that must be discussed. Reaching down to take your socks off during foreplay isn't always the most practical thing, and can kind of ruin the moment. Also, given that its -30 for most of the school year, it is really important to protect you extremities!

So what are the benefits? According to a 2012 study, 80 percent of those who kept their socks on during sex had an orgasm, while typically only 50 percent of those who go barefooted do. This has to do with blood flow keeping your feet warm helps your blood vessels dilate, which can lead to orgasm.

Many sources like *Huffington Post*, *Men's Health*, and *Elite Daily* have written about these benefits. Furthermore, you won't be distracted by you or your partner's cold feet. And some people find this just plain attractive! Sometimes this can even add to the appeal of hooking up with someone. Studies have also found that wearing socks can help people feel safer and more comfortable, in turn leading to a more enjoyable sexual experience.

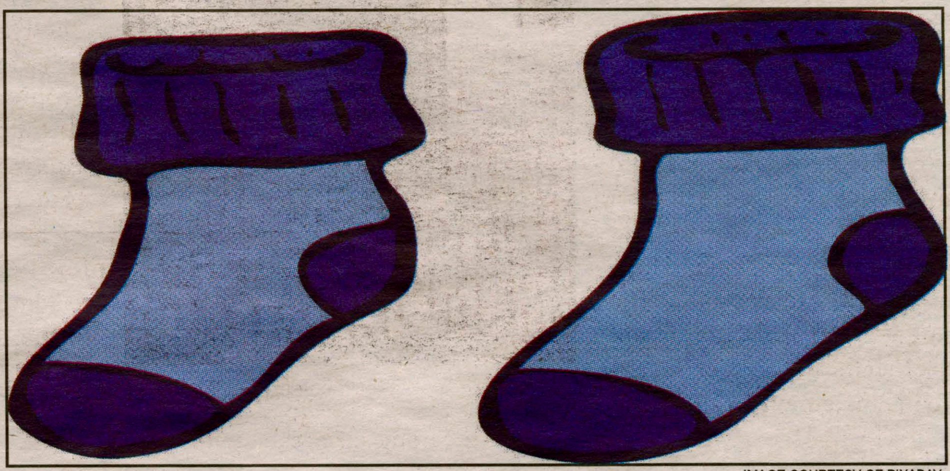


IMAGE COURTESY OF PIXABAY

Are there downsides to this? Definitely. Some could find the socks distracting in texture, having a negative impact on their sexual experience. It can feel strange to feel something other than someone else's skin against you during sex. Also, this may not be the most attractive thing in the world to you! Many articles have conducted surveys where the resounding response is that sock-wearing in bed is "unsexy." Also, socks can smell from a long day of wear, which can definitely ruin the mood. If any of this bothers you, just politely ask if they would be willing to take them off!

All in all, keeping your socks on during sex doesn't have to have significant ramifications for your personal life. But this (somewhat silly) topic can provide some entertainment when talking with friends. A friend of mine even said, "If you're in a relationship and you both wear socks, that's adorable." So remember: keep your feet warm as the winter settles in, and if you find wearing socks during sex disturbing, tell your partner!

Ariana Grande: finding light in a dark year

by Karina Bayrakdarian '21
Staff Writer

On Nov. 3, Ariana Grande dropped her latest single, "thank u, next," in response to her recent break-up from ex-fiancé Pete Davidson. What many see as a petty diss-track to Grande's list of exes is actually the singer's way of dealing with the adversities she has faced in the past year.

On May 22, 2017, a suicide bomber killed 22 people at Manchester Arena in Manchester, United Kingdom, following a concert on Grande's "Dangerous Woman" tour. Grande, reeling from the devastating terrorist attack, responded by hosting a benefit concert. "One Love Manchester" and raised over 10 million euros for the We Love Manchester Emergency Fund and the victims of the bombing. The following year, Grande remained quiet, and recovered from the emotional traumas inflicted from the Manchester attack.

Grande returned to the spotlight in April 2018 with the first single off her latest studio album. "no tears left to cry" combines a UK garage beat with the soulful vocal runs to which fans of Grande have grown accustomed. Grande captures the attention of the listeners with her lullaby-sweet voice over the disco-inspired track when she says that she "ain't got no tears in my body / I ran out but boy I like it." She was done crying.

PHOTO COURTESY OF FUZZABLE.COM

Ariana Grande has arguably been the most talked-about pop star of 2018, pictured here on the cover of her album *Sweetener*.

In the single's cover, Grande in a sleek ponytail, has a rainbow splashed across her face like light passing through a prism. Grande's previous studio album covers have all been in black and white, so this one shows that now she is finally able to let in the light. In the weeks leading up to *Sweetener*, her fourth studio album, Grande's name was plastered across headlines the internet because she had entered a whirlwind romance with *SNL* comedian Pete Davidson. On May 30, they confirmed their relationship on Instagram, and less than a month after their relationship was announced, the couple confirmed that they were engaged.

"Sweetener" was preceded by the singles "the light is coming," a track about the light taking back "everything the darkness stole," and "God is a woman," an uber-confident, uber-sexual track about Grande owning her feminine wiles. Released in the throes of her relationship and engagement to Pete Davidson, the album explores the ins and outs of a relationship. With tracks like "R.E.M.," about the dreamlike state of being in love, "everytime," about the inability to stay away from a toxic partnership, and "better off," about letting go of something that is not working, the album is multi-faceted. Songs like "get well soon" and "breathin" delve into Grande's struggles with anxiety, a side fans had yet to see from her. When the album was released, it looked as if Grande had taken the hell of a year she'd had — with the Manchester bombings and the recent split from rapper Mac Miller — and turned it into something quite remarkable.

Unfortunately, Grande's tough year was not over. Mac Miller tragically died from a drug overdose on Sept. 7, and on Oct. 14, it was reported that Ariana Grande and Pete Davidson had called off their engagement. Some sources claimed that the death of Mac Miller was their breaking point.

Less than a month later, Grande responded to the public with the release of "thank u, next." The song lists Grande's exes by name: rapper Big Sean, Ricky Alvarez, Davidson, and Mac Miller, whom she calls "an angel." She doesn't use their names to cast blame, but rather to thank. She credits them for teaching her love, patience, and pain, saying that she's grateful for her exes.

The biggest takeaway from "thank u, next" is not what Grande says about her exes, but what she says about her relationship with herself: "Plus I met someone else / We havin' better discussions / I know they say I move on too fast / But this one gon' last / 'Cause her name is Ari / And I'm so good with that." She goes on to sing that she also taught herself love and patience, and that she admires how she handles pain.

This past year has cemented Ariana Grande's status as a pop superstar and has let people know that she is a force to be reckoned with. If we learn anything from her year, it's how to take a painful situation and grow from it. Grande wants to show the world how to bring the light to the dark to make things sweeter.

As the semester is coming to a close, here are some of the last upcoming concerts, plays, and recitals to look forward to from musical and performing arts groups across campus!

by Josie Blatt '21
A&E Editor

Student Dance Showcase
Friday, November 30 and Saturday, December 1 at the Dance Studio

Student dancers and choreographers will showcase their work this weekend. The showcase will be in the Dance Studio in the Blood Fitness Center.

Chamber Ensemble Crawl
Saturday, December 1 in Schambach Center at 7:30 p.m.

Join Hamilton's chamber groups including the flute, brass, percussion, and saxophone ensembles on a tour of the Schambach Center. Moving from room to room, you won't want to miss these groups' final performances of the semester!

Director's Showcase
Monday, December 3 and Tuesday December 4 at 7:00 p.m. in the Barrett Theater

Students of Theater 303 present their final projects. Support their hard work by enjoying ten short student-directed plays across two nights.

Jazz Ensemble Concert
Tuesday, December 4 in Cafe Opus at 9:00 p.m.

Doc Woods leads Hamilton's Jazz Ensemble in their final performance of the semester.

Hamilton College Choirs Winter Concert
Wednesday, December 5 in Wellin Hall at 7:30 p.m.

Catch the Hamilton College Choir and the College Hill Singers, conducted by Danan Tsan, performing a wide array of music, from school song "Carissima," to Vienna Teng's modern song about surveillance, "Hymn of Acxiom."

Holiday A Cappella Concert
Thursday, December 6 in the Events Barn at 7:30 p.m.

Sing along to your favorite Holiday songs and carols, from "Santa Baby" to "O Holy Night," with Special K, The Buffers, Tumbling After, The Hamiltones, and Duelly noted.

The Last Five Years
Friday, December 7 and Saturday, December 8 in the Barrett Theater at 7:30 p.m.

Through student-theatre group Untitled At Large, Maggie Luddy '20 and Kenny Letts '21 star in and co-direct Tony Award winner Jason Robert Brown's two-person musical, *The Last Five Years*.

Student Soloists Concert
Saturday, December 8 in Wellin Hall at 6:00 p.m.

Hamilton student solo performers from across class years and disciplines show off their hard work from a semester of music lessons and rehearsals.

Finals Binge: shows to watch as you study

by Bethany Vickery '20
A&E Editor

The end of 2018 is fast-approaching, as is finals week. Luckily, there are tons of fun shows returning to the screen before the year is up. To mitigate end of semester stress, watch the season premiere of *The Marvelous Mrs. Maisel.* On Dec. 5, the period comedy-drama will debut its second season on Amazon.

Set in New York City in 1958, *The Marvelous Mrs. Maisel* follows Miriam "Midge" Maisel through the early days of her career in stand-up comedy. The show was created by Amy Sherman-Palladino, who is best known for her work as creator of *Gilmore Girls*. *The Marvelous Mrs. Maisel* brings the same lightheartedness as *Gilmore Girls*, including the quick, witty dialogue and lovable characters. But Midge Maisel's story brings more than just comfort and humor. Understimulated by her life as a wealthy housewife, Midge Maisel is left lonely and bereft by her husband's announcement that he wants a divorce. With her newfound independence, she turns to stand-up comedy. Midge has a vibrant sense humor on and off the stage, balancing the show's more challenging themes of loss, heartbreak, and social barriers.

PHOTO COURTESY OF INDIEWIRE.COM

Rachel Brosnan stars in *The Marvelous Mrs. Maisel.*

For fans of sci-fi or *Game of Thrones*, *Nightflyers*, based on the book by George R.R. Martin, will debut as a new series on the Syfy Network. Set in 2093, *Nightflyers* follows a group of scientists on a journey through space. On a mission to make the human-alien contact, the scientists encounter unexpected, violent tribulations. *Nightflyers* is expected to be thrilling and suspenseful. The series premiere will be on the Syfy Network Dec. 2.

Once finals are done, relax with Netflix's new animated adaptation of *Watership Down*. Premiering Dec. 25, the series looks to be a tear-jerker just like the 1972 novel by the same name. Starring James McAvoy, Nicholas Hoult, John Boyega, and Ben Kingsley, the series follows a group of rabbits facing threats of human violence and the potential loss of their home.

In the busiest time of the semester, it's more important than ever to make time for self care. Whether that means catching an episode of TV or taking a quick study break, make sure to reserve time to relax in these next few weeks.

PHOTO COURTESY OF DIGIALSPY.COM

Gretchen Mol stars as Dr. Agatha Matheson in *Nightflyers*.

PHOTO COURTESY OF THE BBC

First-look shot from the new animated series, *Watership Down*. James MacAvoy stars, voicing the character of Hazel the rabbit.

Movie spotlight: *A Star is Born*

by Olivia Wenzel '21
A&E Contributor

A Star is Born combines raw musical talent with an engaging and authentic plot to create a heartbreaking but inspirational story that pulls viewers into the world of music, and deep into the lives of the characters.

One artist's plunge into the darkest corners of fame is complemented by another's rise to its greatest heights, as alt-country singer Jackson Maine (Bradley Cooper) uses his own success to catapult the career of the apprehensive singer-songwriter Ally Campana (Lady Gaga). The viewers are able to see a unique love story unfold between two characters who are endearingly flawed and honest, their unlikely romance bringing a sense of reality into an industry that frequently feels artificial and unrealistic.

PHOTO COURTESY OF TIME

Bradley Cooper and Lady Gaga star as romantic leads.

The characters feel real, and their relationships are genuine. Jack's strained but loving connection with his brother and manager, Bobby, highlight the complexity of his character, making viewers feel even more connected to his story. Ally's warm and lighthearted interactions with her father add another dimension to the film, connecting the dots between her past and her life within the storyline.

Layered on top of the foundation of believable characters and a classic yet modern storyline is good music. There is the timeless, stripped-down "Maybe it's Time," which showcases Bradley Cooper's raw (and unexpected) talent. The powerful harmonies of "Shallow" show just how well the two vocalists mesh together despite artistic differences. The heartbreakingly emotional "I'll Never Love Again" is undeniably beautiful lyrically, and serves to tie the entire story together. The film offers a soundtrack that serves not only as a supplement to the plot, but also as a collection of music that stands out on its own.

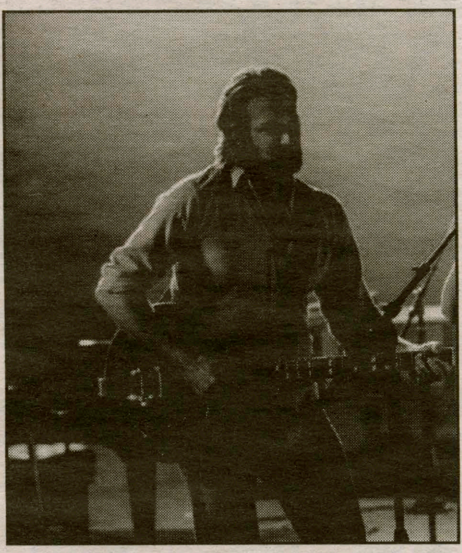


PHOTO COURTESY OF BIOGRAPHY.COM

While at times heavy, *A Star is Born* is a story that inspires, whether it be about love, pursuing dreams or staying true to one's convictions.

November 29, 2018

Movie-watching at the Oneida Movieplex has just been taken to a whole new level of comfort and relaxation. The Oneida Movieplex is thrilled to announce the installation of luxury plush, fully reclining chairs that provide audiences with a first-class movie watching experience. Moviegoers can lean back and relax as they enjoy a premium recliner that features a powered push button recline mechanism and superior leg room for extra comfort. All nine auditoriums in the complex now boast reclining chairs.

In addition to the plush recliners, the Oneida Movieplex is also offering $5 movie tickets for all showtimes before noon, $5 tickets all day Tuesday and $1 small popcorn with each admission on Wednesdays. Kick back in the new recliners and take advantage of the ultimate movie viewing experience and wide selection of films that the Oneida Movieplex offers. Upcoming movies include Fahrenheit 11/9, The Wife, The House With a Clock in Its Walls, Life Itself, Night School, Small Foot, A Star is Born, Venom, Goosebumps, Halloween, The Nutcracker and the Four Realms, Fantastic Beasts: The Crimes of Grindelwald, Ralph Breaks the Internet, Mary Poppins Returns and Aquaman.

With all the fabulous movies being released we hope that everyone will come out and experience the thrills and escapism that only movies can offer.

Hamilton Senior Gift

PUB NIGHT

THURSDAY

Nov. 29

THE LITTLE PUB

9 P.M.

Raise a glass

TO YOUR **class**

and help fund
the senior gift.

Give $10 or more at the door and you'll get a Class of 2019 mug, filled with the drink of your choice.

Buzz surrounds women's hockey

PHOTO COURTESY OF JOSH MCKEE

The team celebrates a goal against Williams in their season opener on Saturday, Nov. 17.

*from **Hockey**, page 16*

really got buzzing in the third period and kept it down in their end the whole time, so there was a realization that we should have found that energy in the first period to put them away early."

Despite the loss, the Continentals can take their energy from the two non-league matchups into their NESCAC games as they travel to Colby College in Waterville, ME this weekend. Johnson says the team's spirits and expectations for the season are still high.

"We have the most talented squad I've seen throughout my time here so far," she said, "and one of the most hardworking and determined. Possibilities are endless for us this season, as long as we can match all the work we put into the off-season into this time as well. We set ourselves up for success so we're shooting for the stars." She says their ultimate goal is to be NESCAC Champions.

The Continentals take on the Mules at 7:00 PM on Friday, Nov. 30 and at 3:00 PM on Saturday, Dec. 1 at Colby in Waterville, ME. The games will be live-streamed via the New England Sports Network, with links found on the NESCAC website.

Their next home games will be Tuesday, Dec. 4 at 7:00 PM against SUNY Potsdam and Friday, Dec. 7 at 6:00 PM against SUNY Oswego. Both games will take place in the Russell Sage Rink in Clinton, NY.

Last week's scores

#9 Men's basketball (5-0) on Saturday, Nov. 17 vs. Centenary

	1	2	F
Centenary	30	42	72
#9 Hamilton	46	51	97

#9 Men's basketball (5-0) on Sunday, Nov. 17 vs. York

	1	2	F
York	37	28	65
#9 Hamilton	63	62	125

Men's hockey (3-1) on Saturday, Nov. 17 at SUNY Brockport

	1	2	3	F
SUNY	0	2	1	3
Hamilton	0	0	1	1

#9 Men's basketball (5-0) on Tuesday, Nov. 20 at Bard

	1	2	F
Bard	36	52	88
#9 Hamilton	45	52	97

Men's swim and dive on Saturday, Nov. 17 vs. SUNY New Paltz.

	F
SUNY	137
Hamilton	118

#9 Men's basketball (5-0) on Saturday, Nov. 24 vs. Transylvania

	1	2	F
Transylvania	25	38	63
#9 Hamilton	37	36	73

Women's swim and dive on Saturday, Nov. 17 vs. SUNY New Paltz.

	F
SUNY New Paltz	98
Hamilton	181

Men's hockey (3-1) on Saturday, Nov. 24 at SUNY Canton

	1	2	3	F
SUNY	0	0	1	1
Hamilton	2	2	1	5

Men's hockey (3-1) on Sunday, Nov. 18 vs. Wilkes

	1	2	3	OT	F
Wilkes	1	0	1	0	2
Hamilton	0	0	2	1	3

#9 Men's basketball (5-0) on Sunday, Nov. 25 at Carnegie Mellon

	1	2	F
Carnegie Mellon	31	40	71
#9 Hamilton	36	43	79

Grace Heller '19 placed 73rd out of 279 runners in the 6-kilometer course at the Division III Women's Cross Country Championship on Saturday, Nov. 17.

Women's basketball undefeated

*from **Basketball**, page 16*

out on the road to face the Utica College Pioneers. After going up 18-6 in the first quarter behind the inspired play of Steiner and Catarisano, the squad kept their foot on the pedal the rest of the way and ended with another victory, this time winning by 16 points with a score of 59–43.

Though the Continentals did not score the 80 points they had been averaging, their defense was notable as they held their opponents to less than 50 points. Steiner led the way with 14 points, which consisted of a career-best four three-pointers. Arnold had 10 rebounds and nine points, while O'Hern was active all over the court, ending with eight points, seven rebounds, four assists, and three steals. Caterisano contributed with eight points and two blocks off the bench, while first-year Smith added six points off of two three pointers. At 4–0 the coach staff likes to say that the hoops train "keeps rolling."

To end their busy week, they will also be participating in the Ed Hockenbury Classic at Norwich University in Northfield, VT on Friday, Nov. 30 and Saturday, Dec. 1. On Friday the team will match up against Framingham State University at 8:00 P.M. Depending on the outcome of that game, the team will turn around and play another game on Saturday, Dec. 1, time to be decided, before returning home to play a few more games. These home games will be against Union College on Tuesday, Dec. 4 at 6:00 P.M. and William Smith College on Thursday, Dec. 1 at 6:00 P.M., both in the Margaret Bundy Scott Field House.

PHOTO COURTESY OF JOSH MCKEE

Mia Caterisano '19 set a career high with 12 points and 9 rebounds on Saturday, Nov. 24 against SUNY Polytechnic.

Men's and women's squash open season with high hopes

by Brent Schoeller '21
Staff Writer

The men's squash team was in action twice this weekend against the Connecticut College Camels and the Williams College Ephs. Unfortunately, the Continentals dropped both matches of the weekend to start 0-2 for the year. The women's squash team was also in action this weekend, playing Connecticut College and Williams College as well. The women were able to get a win against the Camels this weekend but could not prevail against Williams.

The men have a young team this year, with only Atticus Jones '19 returning as all four of the team's juniors are abroad this semester. During the match against Connecticut College, the men dropped every match, ending the day 0-9. Jones, who played in the two-spot, had a strong start, winning the first two games 13-11 and 11-7 respectively, but he was not able to hold on and he lost the next three games and the match. In the one-spot was Rufus Somerby '22 who dropped all three games 12-10, 11-2, and 11-8 respectively. Most of the players lost in three games.

Hamilton came into the year ranked #29 in the nation and played against the #30 Connecticut College, surprisingly dropping the match. Against Williams, everyone on the team lost in three games other than Somerby, who played a strong first game (a 10-12 loss) and won the second game 11-9. The lineup had three first-years playing: Oliver Constable '22, Graham Nielsen '22, and Will Nocito '22. Constable, Nielsen, and Notcito played in the third, fourth, and ninth positions respectively. Nick Randolph '21 played in the fifth position and Kyle O'Connor '21 played in the sixth position, both of whom are playing their first competitive seasons with the team. Matthew Haas '19 and John Buckley '19 rounded out the lineup, both on the team for the first time as well.

The women had a better start to the season with the 9-0 victory against #22 Connecticut College. Seven of the nine women playing on Saturday won their matches in three games, and Sydney Soloway '22 played well after dropping the first game to win in four games. Megan Grip '19 also won in four games. The team's outcome against Williams, however, was not to be the same.

The women lost the match 7-2 against the #13 Ephs. Maddie Sakheim '22 had an impressive first weekend with the team, winning both of her matches. Sakheim won 11-6, 11-2, and 11-5 against her Williams opponent to go undefeated on the weekend. Jean Beecher '19 also went undefeated this weekend, outplaying her opponent from Connecticut College 11-6, 10-12, 11-7, and 11-8. Beecher's opponent forfeited on Sunday, giving her an automatic win. Lindsay Jadow '19 also had a good opening weekend for the women as she won handily against her counterpart from Connecticut College, Phoebe Pliakas-Smith. Jadow lost a hard-fought match against Adrienne Conza from Williams, winning the first game but dropping the following three to lose in four games.

Both the men's and women's squash teams will be back in action this weekend at home in the Little Squash Center in Clinton, N.Y. The men will face off against the University of Western Ontario on Sunday, Dec. 2. The women will be playing St. Lawrence University on Saturday, Dec. 1 at 12:00 PM and Mount Holyoke College at 4:00 PM on Sunday, Dec. 2.

PHOTO COURTESY OF JOSH MCKEE

Maddie Sakhiem '22 achieved her first two collegiate wins and went undefeated over the weekend.

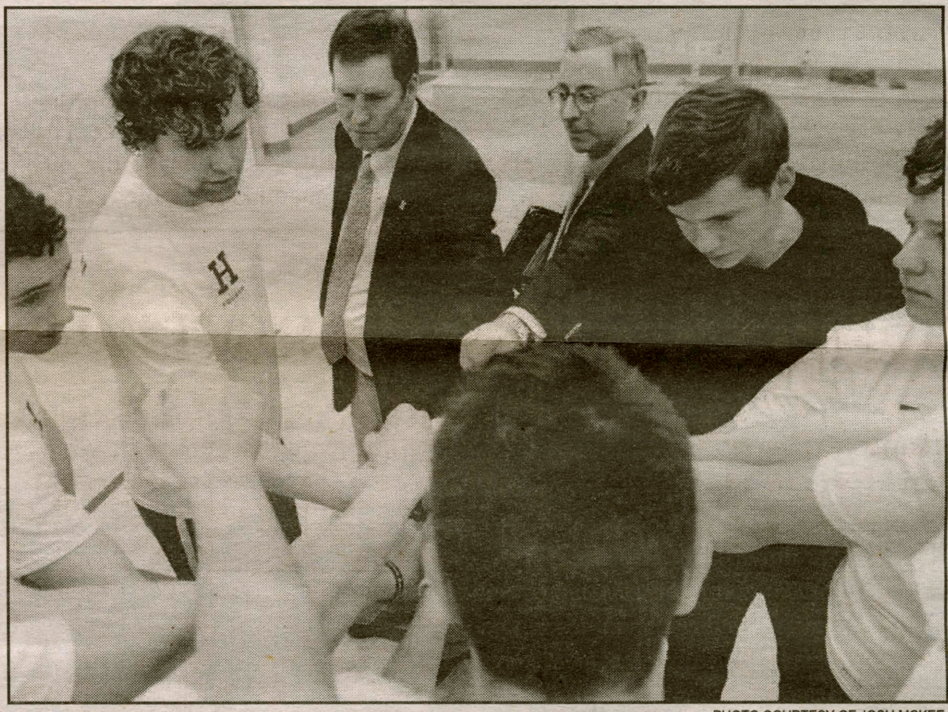


PHOTO COURTESY OF JOSH MCKEE

The men's team (shown) prepares for a game. This weekend, they will be hosting the University of Western Ontario.

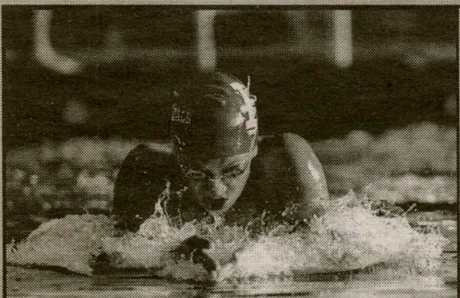
This week's home games

Men's and Women's Squash

Men's squash will host Western Ontario University at home on Sunday, Dec. 2 at 2:00 PM. The women's team will host St. Lawrence at 2:00 PM and Mount Holyoke at 4:00 PM also on Sunday, Dec. 2. All games will be at the Little Squash Center.

Women's Hockey

Women's hockey will take on SUNY Potsdam at home this Tuesday, Dec. 4 at 7:00 PM in Russel Sage Rink. Last year, the Continentals blanked SUNY Potsdam with a 3-0 shutout. Hamilton has beaten the team since 2012



Men's and Women's Swim and Dive

The men's and women's swim teams will host the annual Hamilton Invitational this weekend in the Bristol Pool. Both teams will swim (and dive) on Friday, Nov. 30 at 5:00 PM. The teams will return the next day to compete on Saturday, Dec. 1 at 10:00 AM and then again at 5:00 PM. This is the last home meet until Senior Day on Wednesday, Jan. 23 against Union College. The men's team is 1-1 so far this season, and the women's team remains 2-0.

SPECTATOR SPORTS
November 29, 2018

Women's basketball opens season dominantly over Thanksgiving break

by Kelcie Zarle '22
Staff Writer

While faculty members and students across campus packed up and headed home for Thanksgiving break, the women's basketball team (and other winter sports teams) stayed behind to start their 2018–2019 season. On Saturday, Nov. 17 the team took to the hardwood for their season opener against the Green Mountain College Eagles in the Margaret Bundy Scott Field House. In the 91–58 victory, every Continental player scored in Head Coach Mahogany Green's debut. Four players recorded double-digit points including Halie Serbent '19, who lead the team with 18 points, and Kayla Glemaud '21, who notched a personal best of 10 points. Two first-years, Kelcie Zarle '22 and Liz Arnold '22, had 14 and 11 points respectively. Not to be overlooked were the strong all-around performances from forwards Carly O'Hern '20 and Mia Caterisano '19 and the starting backcourt of Scout Lansing '21 and Marie Steiner '20.

With one game in the books, the new coaching staff of Green and Assistant Coach Nanyamka Moore had good reason to celebrate their first victory at Hamilton. But after the brief celebration, all eyes turned toward the next game at SUNY Potsdam on Tuesday, Nov. 20.

After a couple days of practice the team hopped on the bus for Potsdam, NY, their first away game of the season. Though the margin of victory was not as large as their first game, the Continentals were still able to walk away with a 68–62 victory. Serbent led the team yet again with 21 points to go along with a career-high 14 rebounds. Arnold contributed 15 points. Steiner, O'Hern, and Mackenzie Aldridge '20 all provided key buckets in the win. After the game the team traveled back to Clinton where they departed to their respective Thanksgiving destinations for a few days before returning back to campus on Friday, Nov. 23.

The Continentals' next matchup on Saturday, Nov. 24 was another away game, this time against SUNY Polytechnic. The team kept rolling and scored 91 points for the second time this season–matching the score of their first victory–and holding the Wildcats to only 69 points.

PHOTO COURTESY OF JOSH MCKEE

Halie Serbent '19 was named the NESCAC Women's Basketball Player of the Week for the week of Monday, Nov. 26.

The Continentals shot 55 percent from the field and hauled in 42 rebounds–18 more than their opponent. Caterisano led the team with career-highs of 13 points and nine boards.

Serbent, Glemaud, and Zarle each added 10 points, while Lansing dropped nine points and five assists. O'Hern, Steiner and Maura Smith '22 each scored eight points. Senior Kendall Rallins '19 continued her steady string of performances off the bench scoring key points and dropping three assists on the host Wildcats.

After an impressive couple of games to start off the 2018–2019 season, Serbent earned her career-first NESCAC Athlete of the Week for the week of Monday, Nov. 26. That same Monday, the Continentals set

see *Basketball*, page 14

Offensive efficiency, optimism boost women's hockey to start season

by Julia Booth '19
Contributing Writer

Women's hockey spent their Thanksgiving break puck-handling instead of turkey-stuffing, and the results were impressive. After splitting their season-opening weekend with the Williams Ephs the women took on two more opponents in tight games against Morrisville State on Tuesday, Nov. 20 and Utica College on Sunday, Nov. 25.

The Continentals split the week 1-1, defeating Morrisville 2-1 on Tuesday, but dropping the game to cross-town rival Utica 3-2 on Sunday. In the second period against Morrisville, Nancy Loh '22 notched her first career goal and gave the Continentals the 1-0 lead. Michaela Giuttari '20 added to the board in the third with the game winner and her second goal of the season. The Continentals went on to win 2-1, with Sammy Johnson '20 in goal making 23 saves on 24 shots.

The matchup against Utica was entertaining to say the least, as the teams traded goals early in the second to start off the scoring. Utica claimed the 1-0 lead around a minute into the period, but under five minutes later the Continentals' Lexi Takashima '22 responded to tie the game at 1-1. After sustained pressure in the Pioneers defensive end, Takashima received a pass from her defensive-partner, Alayna Trice '20, and lofted a shot that beat the Utica goalie with traffic in front.

Four minutes later, the Continentals took advantage of Utica's physical play, which earned them a 2-minute penalty, and scored a powerplay goal about ten minutes into the second. Defenseman Taegan Blackwell '19 dished the puck across the blue line to Kelli Mackey '20, who wristed a shot past the Utica defender to claim the 2-1 lead.

After consistent pressure in their own offensive end, Utica put one past Hamilton goaltender Sydney Molar '22 to tie the game at 2 apiece with 7:31 left to play in the second. Although the Continentals put good pressure on Utica for the rest of the period, they were unable to convert.

Unfortunately, that seemed to be the way for the Continentals as they had numerous opportunities in the third period but were unable to capitalize. Eight minutes into the period, Utica scored the game winner to make the score 3-2. Two great opportunities for the Continentals came off tips in front, but the puck trickled just wide of the net as time ran out.

Junior goaltender Johnson noted the team's frustration after the game: "We really got buzzing in the third period and kept it down their end the whole time, so there was a realization that we should have found that energy in the first period to put them away early."

Despite the loss, the Continentals can take their energy from the two non-league matchups into their NESCAC games as they travel to Colby College in Maine this weekend. Johnson says the team's spirits and expectations for

PHOTO COURTESY OF JOSH MCKEE

Defenseman Taegan Blackwell '19 is one of three players who maintains a point-per-game pace.

the season are still high. "We have the most talented squad I've seen throughout my time here so far," she said, "and one of the most hardworking and determined. Possibilities are endless for us this season, as long as we can match all the work we put into the off season into this time as well. We set ourselves up for success so we're shooting for the stars." She says their ultimate goal is to be NESCAC Champions.

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see *Hockey*, page 14